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Superfine Cakes



How To Make Them

By

Katherine Furstenberg



Price One Dollar

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KATHERINE FURSTENBERG

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MRS. FURSTENBERG'S

METHOD OF

MAKING SUPERFINE CAKES



CAKE baking is one of the finest, as well as the most difficult of arts, and although hard to acquire in all its niceties, may be mastered by the average person by perseverance and experience.

In making cake, accuracy in measuring the ingredients is most essential. Give very strict attention to every detail. Measure everything before beginning. Have your baking tins ready. Be sure your eggs are STRICTLY fresh. Use wire egg beater in the shape of a large spoon, the five cent kind, to whip your whites of eggs; your cakes will be larger, lighter and finer grained. Never use a Dover egg beater for whites of eggs; it cuts the air cells and makes your cake tough. In mixing your cakes,, don't stir, but beat thoroughly, bringing the batter up from the bottom of the bowl at every stroke. In this way the air is driven into the cells of the batter instead of out, which is the case when you stir.

UTENSILS NEEDED

An eight quart mixing bowl and a slotted mixing spoon, a wire egg beater in the shape of a large spoon, a Dover egg beater for the yolks of eggs, a steel spatula, two half-pint measuring cups with fourths indicated; one for liquid and one for dry measure. A five cent spool of thin wire, (can be bought at any hardware store); six-inch pieces of which I use for testing sugar; an egg seperator, a flat sieve to fit into the tops of two three-quart cans, put sieve into one

pan, measure your flour, put into sieve and shake pan until all flour falls through, then put sieve into the other pan and put your flour in the sieve again, as many times as necessary. This way you keep your flour in just the two pans, not all over the table or floor. Never use the flour sifter with a revolving center, it pushes the flour through, thereby making it heavier instead of lighter. I use this sifter for sugar for if there are lumps in, it will pulverize them. One quart aluminum pan for boiling sugar, two-inch blocks of maple wood to rest cake on when taken out of the oven. I use the spring form cake tins, ten inches across with a three inch center tube and three inches deep. I use this large tin in preference to a smaller and deeper tin because I can cut nicer shaped pieces and more of them. I also use an eight inch square tin, three and a half inches deep for variety; I use the nine inch round and square layer tins. Never grease cake tins for any kind of sponge cake.

HOW TO MEASURE

One cupful of flour. Fill cup slightly heaping, do not press down, run knife across top to make level. When measuring butter, pack in solid and run knife across top to make level.

Teaspoonful. Fill spoon slightly heaping, run knife across top to make level. A half teaspoon is obtained by dividing through center lengthwise.

INGREDIENTS

Use cane granulated sugar in preference to the beet sugar, if you can have your choice, it makes a better frosting as it does not grain as quickly as the beet sugar and is sweeter. Always use sweet, fresh butter; if it is at all strong it will spoil the flavor of your cake. Rather use one-third fresh rendered leaf lard and two-thirds good butter. Have STRICTLY fresh eggs,

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you can not make a fine cake with packed eggs. I specify Kern's Success flour because that is the kind I always use, and have had the very best results with it. If you use other flour, a little more or less may be required, as some flours take up more moisture than others; if other flour is used always bake a small patty cake first; if more flour is needed it will fall in the center and be crumbly. If too much has been used it will be hard and crack in the middle, if this should happen add a few teaspoonfuls of milk, but the cake will never be as light when milk is added last. It is best to have your batter quite thin, as you can always add more flour without spoiling the texture of the cake. I stipulate Calumet Baking Powder, because I have used it for years with the very best of success. It is pure and always reliable. The amount I specify is what I use of Calumet Baking Powder; if you use other baking powder you will have to use according to the amount you are accustomed to use for the same amount of flour, as some baking powders are stronger than others, do not use too much or your cake will be coarse grained and full of holes. I also use nothing but the Ambrosia Cocoa and Chocolate, as it makes a rich, dark cake and icing of very fine flavor. I make my own flavoring extracts and cake coloring. Full instructions of how to make on page 14. Don't flavor your cakes too strongly, just use enough to give a pleasant suggestion of flavor desired.

To blanch almonds drop them into boiling water and let stand five minutes, then drop them into cold water, the skins will slip off easily; dry on a napkin and let thoroughly dry in the air before using. Do not dry in the oven, which takes away the oil thereby spoiling the flavor. Blanch Pistachio nuts the same way as almond nuts.

The beauty of all my cakes is their fine texture and moisture. My cakes will be as good the fifth day as

they are the first—providing you can hide them from the family that long. The great trouble is one piece does not suffice; it is so good they always want more. Always keep your cakes in a tin cake box that you can close air tight and keep in a cool dry place.

THE OVEN.

The baking of the cake is the most difficult part for most people, for much depends on the oven for the success of your cakes. Be sure you understand how to regulate your oven perfectly so you can operate it according to instructions. I use a gas range to bake with, and I put my cakes into a cold oven and then light but one burner and turn it down as low as possible to begin with and then gradually, very gradually increase heat until cakes are done. If you use a wood or coal range to bake with open the oven door fifteen minutes before putting your cakes in, so as to cool it sufficiently, it should be just hot enough to burn a piece of white note paper a golden brown in twenty minutes. But if your oven should get too hot, put a pint basin filled with cold water into the oven, but do it very quickly, as a sudden rush of cold air will cause your cake to fall. Do not open the oven door any oftener than is absolutely necessary, and then not wide open. Open and close very gently so as not to jar cake. Do not move cake while in a soft condition, as that will break the air cells before they are cooked, thereby causing your cake to fall. When cake is done it will spring back quickly if gently pressed with the finger on the center of the cake; test with a toothpick, if it comes out clean the cake is done.

If there is anything you do not thoroughly understand regarding these recipes, write to me enclosing a self addressed and stamped envelope, and I will be pleased to give you the desired information, I am,

Yours for good cake,

KATHERINE FURSTENBERG,
726 Murray Ave., Milwaukee, Wis.

SUNSET CAKE

$\frac{1}{4}$ Teaspoonful Salt.	$\frac{1}{2}$ Teaspoonful Cream of
$1\frac{1}{4}$ Cupfuls of Sugar.	Tartar.
6 Eggs.	1 Cupful Success Flour.
$\frac{1}{2}$ Cupful Cold Water.	1 Teaspoonful Vanilla.

Sift flour seven times; separate eggs, beat yolks until thick and creamy; put salt into whites of eggs. beat five minutes, add cream of tartar, taking long strokes so as to get the air into the eggs, beat until you can make a clean cut through the froth with a knife; not any longer or you will beat the air out of the eggs again. Put sugar in a one quart aluminum sauce pan or enameled ware pan, with half cup cold water; let boil until it becomes quite thick so it will form a sugar bubble. To test, take a six inch piece of wire, twist one end around your finger to make a round hole to blow the bubble through; dip this end into the boiling sugar and when it forms a thin veil across the hole blow through it and when a sugar bubble blows off, your sugar is just right to pour over your beaten whites of eggs. This is the secret of making this delicious cake, be sure your sugar is just right before pouring over the whites of eggs. Pour boiling sugar in a thin, fine stream over the whites of eggs, beating all the time. Continue beating with nice long strokes for twenty minutes by the clock. By this time it should become quite cold; now add one teaspoonful Vanilla and the beaten yolks of eggs; beat five minutes more, using the wire egg beater to make all of the cake, now add one cupful of Kern's Success Flour, sifting it all in at once. Do not beat any more but fold in the flour with the fewest possible strokes, bringing up the beater in the center of the batter until the mixture is well blended. Put into an ungreased cake tin and put into a cold oven; then light one burner, turning it as low as possible for the first twenty minutes. Your cake

will gradually, very gradually, rise, after the first twenty minutes increase your heat a little more by lighting the other burner, but be sure and turn it down to a very small flame for the next twenty minutes; you now have had forty minutes baking and your cake ought to be up to its full height; now turn each burner just a trifle higher for the next twenty minutes to bake your cake to a nice golden brown, you have had sixty minutes baking cake and if you have had the required amount of heat the cake will be done. Test with a toothpick, and if not quite done bake a while longer. Place a napkin on the table and put two blocks of wood on napkin to rest your cake tin on; take cake from oven, turn upside down, only the tin resting on the blocks, to have a circulation of air under the cake. Cover the cake with a large cloth (I take old table cloths, cut in one yard squares, hem them and use them only for covering cakes) and let steam for thirty minutes. By this time, if your cake has not come out of the tin, take the spatula and loosen it a little. I use the spring form tin, the sides spring out and it has a removable bottom so there is no trouble in removing cake from tin. If you use a common loaf tin, line the bottom with white note paper, do not grease it, the steam will loosen it so it will lift right off.

Frost when cold. If you do not care to frost cake, sprinkle two tablespoonfuls granulated sugar over top of cake before baking; this gives it that delightful crackley appearance so much desired.

FROSTING

2 Cupfuls XXXX Con-	3 Tablespoonfuls Cream.
fectionery Sugar.	2 Tablespoonfuls Butter.
½ Teaspoonful Vanilla.	

Sift sugar so it is as fine as flour, put butter into a quart bowl, place bowl into a pan of hot water until

butter melts; add cream and flavoring, then slowly add the sugar, a little at a time until all is used; beat at least ten minutes, it must be thick and creamy, spread on top and sides of cake with the spatula. This frosting never cracks. For a fancy, decorated cake try this: Take two ounces of pistachio nuts, blanch and chop fine, sprinkle these thickly over top and sides of cake before frosting hardens. Decorate the outer edge with a tiny wreath of candied rose petals. One ounce is enough for one cake. Just a tiny edge of pink on the green cake gives a beautiful effect. You can buy the candied rose petals at the confectioners, but I make them myself. (Full instructions of how to make them on page 15) or omit the nuts and color the frosting a delicate green. (Full instructions of how to make a harmless green coloring on page 15), decorating the outer edge with a tiny wreath of rose petals makes a beautiful cake and well repays you for your extra labor.

GOLDEN GLOW CAKE

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| 2 Cupfuls of Sugar. | $\frac{3}{4}$ Cupful Hot Water. |
| 4 Eggs. | 1 Teaspoonful Calumet |
| $\frac{1}{2}$ Teaspoonful Salt. | Baking Powder. |
| 2 Tablespoonfuls Cold Water. | $2\frac{1}{4}$ Cupfuls Kern's Success Flour. |
| | 1 Lemon. |

Sift the flour and baking powder seven times, sift sugar four times, separate the eggs, put the yolks in the large mixing bowl and beat fifteen minutes. The yolks must be thick and ceamy; add the sugar a little at a time, using the slotted mixing spoon. When you have one cup of sugar well creamed with the yolks, add one tablespoonful cold water, then gradually the rest of the sugar and one more tablespoonful of cold water, now beat this mixture for ten minutes, then add the grated rind of the lemon and one teaspoonful of lemon juice; now add a little *hot* water (not boiling) and a little flour until the required amount is used, using a little of each alternately; beat hard, bringing the batter up from the bottom of the bowl with every beat. Gently fold in the stiffly beaten whites of eggs to which you have added the salt, *very gently*, just enough to mix well and not one stroke more. Put into an ungreased tin. I use a spring form cake tin ten inches across with a three inch center tube, as this makes a very large cake. If you don't care to frost the cake, sprinkle two tablespoonfuls of granulated sugar over the top before putting into the oven. This gives it that delightful crackley appearance so much desired. Put into a cold oven; light one burner, turn as low as possible for the first twenty-five minutes, your cake will rise very gradually. After twenty-five minutes, light the other burner, turning that as low as possible for the next twenty minutes; your cake by this time has risen to its full height and there is where you want to keep

it, so increase your heat by turning each burner a *trifle*, just a trifle higher and bake for twenty-five minutes more. You now have had seventy minutes baking cake and if you have had the required amount of heat, your cake will be done and a rich golden brown all around. Place a napkin on the table and put two blocks of wood on napkin to rest your cake on, take cake from oven, turn upside down, only the tin resting on the blocks so as to have a circulation of air under the cake. Cover the cake with a large cloth and let steam for thirty minutes, loosen sides of cake with spatula and cake will come out of tins nicely. When cold, frost.

BOILED FROSTING

- | | |
|--|---------------------------------|
| 1 Egg White. | 1 Cupful of Sugar. |
| 2 Tablespoonfuls Butter. | 1 Teaspoonful Lemon |
| $\frac{1}{2}$ Cupful Water. | Flavoring. |
| $\frac{1}{4}$ Teaspoonful Cream of Tartar. | $\frac{1}{8}$ Teaspoonful Salt. |

Boil sugar and water until you can make a sugar bubble. To make a sugar bubble, take a six inch piece of wire, twist one end around your finger to make a round ring to blow the bubble through, dip this end into the boiling sugar when it begins to thicken, and when it forms a thin veil across the hole, blow through it and when a sugar bubble blows off your sugar is just right to pour over the stiffly beaten whites of eggs, to which you have added cream of tartar and salt while beating. Pour in a thin stream, beating all the time, now add the butter and flavoring and beat *twenty* minutes, spread on cake with spatula. This frosting, if properly made, will not run or crack. Keep in a cool, dry place.

PARAMOUNT CAKE

1 Cupful Brown Sugar. 1 Cupful of Milk.
 1 Cupful Ambrosia Cocoa.

Boil until thick and smooth.

1½ Cupfuls Brown Sugar.	1 Cupful Chopped Almonds.
½ Cupful of Butter.	
4 Eggs.	1 Teaspoonful Cinnamon
2/3 Cupful of Milk.	1¼ Cupfuls Kern's Success Flour.
1½ Teaspoonfuls Vanilla.	3 Teaspoonfuls Calumet Baking Powder.
½ Teaspoonful Salt.	1 Teaspoonful Baking Soda.
1 Cupful of Cold Boiled Potato.	

Blanch almonds the day before. Put baking powder, cinnamon and soda into the flour and sift seven times; sift sugar five times; separate eggs; cream butter until it looks like cream, add sugar; mix to a smooth paste; beat the egg yolks until thick, add to butter and sugar, beat ten minutes; put potatoes through a sieve, add one cupful to cake mixture, blend well together; add vanilla and almonds; now put in a little milk and a little flour alternately until all is used. Now add the warm paste of sugar, milk and cocoa; beat this mixture until it has a velvety appearance, about ten minutes, add salt to the whites of eggs and whip to a stiff froth and gently fold into your cake mixture; mix just enough to blend all nicely together and no more. This can be made into a loaf cake or layer cake; bake loaf cake eighty minutes and the layer cake thirty minutes. Have your cake tins well greased with pure lard and dusted well with flour. This mixture will make three large layers. Put in a cold oven, light one burner, turn way down for first fifteen minutes, now light the other burner; turn low for next ten minutes, then increase heat a trifle for last five minutes. Test with a toothpick. Turn upside down, resting on two blocks,

and cover with a cloth and let steam fifteen minutes. Take from tins and when cold put together with fig filling.

FIG FILLING

1 $\frac{1}{4}$ Cupfuls of Figs.	1 $\frac{1}{2}$ Cupfuls Sugar.
1 Cupful Water.	1 Teaspoonful Vanilla.
$\frac{1}{8}$ Teaspoonful Salt.	1 Teaspoonful Butter.

Put figs through a food chopper; put in sauce pan with one cup of water, boil five minutes, add sugar and salt and boil to a thick paste; take from fire, add butter and vanilla; when cold, put between cakes.

CHOCOLATE ICING

$\frac{1}{2}$ Cupful Ambrosia Bit- ter Chocolate.	1 $\frac{1}{2}$ Cupfuls of Sugar. 1 Tablespoonful Butter.
1 $\frac{1}{2}$ Cupfuls of Milk.	1 Teaspoonful Vanilla.

Put chocolate and one-half cup of milk in one-quart aluminum or enameled sauce pan put over a mild fire until chocolate is dissolved, then add one cup milk and the sugar and boil until a little dropped in cold water will form into a soft ball when rolled between the fingers; take from fire, add butter and vanilla and beat until it becomes thick and creamy; put sauce pan into a pan of hot water to keep it from setting while you are icing your cake, or if you care to have a white filling and frosting use the boiled frosting recipe that I use for the Golden Glow Cake, but taking twice the amount and adding three marshmallows, cut fine, to beaten eggs just before you pour the boiling syrup over.

PARADISE TORTÉ

½ Cupful of Butter.	1 Cupful Chopped
1 Cupful of Sugar.	Walnuts.
¾ Cupful of Milk.	3 Teaspoonfuls Calumet
3 Eggs.	Baking Powder.
½ Pound Graham	1 Teaspoonful Vanilla.
Crackers.	

Put graham crackers into a warm oven until they get dry and crisp; roll them very—yes, *very* fine—add baking powder and put them through the flour sieve three times; sift sugar five times; beat butter to a cream, add sugar, beat to a nice smooth paste; beat yolks of eggs until thick, add to butter and sugar, beat until nice and light then add a little milk and a little cracker crumbs, alternately, until all is used, putting in chopped walnuts and vanilla, or any flavor desired; beat well. Put salt into whites of eggs and beat to a very stiff froth, add to cake batter, gently folding in; put into a well greased cake pan dusted well with flour. Bake fifty minutes; put cake in a cold oven, light one burner, turning as low as possible for the first fifteen minutes, light the other burner as low as possible for the next fifteen minutes. Your cake should now have risen its full height, increase your heat a trifle for the next twenty minutes and if you had the required amount of heat your cake will be done; test with a toothpick before taking from oven; turn upside down, resting on two blocks, cover with cloth and steam twenty minutes. Frost, when cold, with the Sunset Cake Frosting.

KISSES

- | | |
|--------------------------|----------------------------------|
| 3 Egg Whites. | 1/2 Teaspoonful Cream of Tartar. |
| 1 Teaspoonful Vinegar. | |
| 1/2 Teaspoonful Vanilla. | 1/4 Teaspoonful Salt. |
| 1 Cupful Sugar. | |

Sift the sugar five times; put salt into the whites of eggs and whip three minutes, then add cream of tartar and whip very, very stiff, add vinegar and flavoring, then the sugar a little at a time until all is used and beat for fifteen minutes, by this time it is one stiff mass and very hard to beat. Grease tins very lightly, then take a little cloth and wipe the grease off, which leaves just a faint trace of grease on tins, drop by teaspoonfuls, giving the spoon a twist so as to make a little peak at the top of each one, place three inches apart. This will make about three dozen kisses, sometimes more if you have large eggs. Bake sixty minutes, put into a cold oven, light one burner, turning as low as possible, this will be all the heat necessary to bake them. If you like them with a soft center bake only forty-five minutes. These Kisses can be varied by coloring the batter pink (full instructions how to make a harmless red coloring on page 15) and using rose flavoring (full instruction how to make rose flavoring on page 14); you can leave them single or take a white one and pink one, pasting the bottoms together with a little of the unbaked batter, or by adding half a cupful of shredded cocoanut you will have Cocoanut Kisses; you can also make Chocolate Kisses by adding a little melted chocolate, but add a little more sugar or they will flatten. You can also make Sugar Cream Puffs by baking them in your muffin pans, cutting off the tops and filling with sweetened and flavored whipped cream, replacing the tops; don't fill, however, until you are ready to serve. To make Nut Kisses, add one-half cupful chopped nuts.

VANILLA FLAVORING

One ounce of vanilla beans (can be bought at any drug store), cut very fine with a shears, put into a five ounce bottle, add two and one-half ounces of grain alcohol and two and one-fourth ounces of cold water, two teaspoonfuls of glycerine and two teaspoonfuls of sugar. Keep the bottle tightly corked and shake every day for several days. It will be ready to use in three weeks, but the longer it stands the stronger it will be.

LEMON FLAVORING

The grated rind of six large lemons put into a five ounce bottle; add two ounces of grain alcohol, two ounces of cold water, two teaspoonfuls glycerine and two teaspoonfuls sugar. Keep the bottle tightly corked and shake every day for several days. Let it stand for three weeks and then strain through cheese cloth bag, squeezing bag dry. It is now ready for use.

ORANGE FLAVORING

Proceed the same as for Lemon Flavoring, using oranges instead.

ROSE FLAVORING

Fill a large mouthed bottle, with freshly gathered and very fragrant rose petals of any color. Bruise them with a little round stick, after they are in the bottle; fill the bottle with equal parts of grain alcohol and cold water. Cork tightly and let stand at least six weeks, strain through a cheese cloth bag, wringing the bag dry. Then add two teaspoonfuls sugar and two teaspoonfuls glycerine and it is ready for use.

CANDIED ROSE PETALS

½ Cupful Water.

1 Cupful Sugar.

Fresh Rose Petals.

Boil slowly until the syrup hardens when dropped into cold water; remove from fire and stir until it begins to granulate; place the sauce pan into a pan of hot water and with a small pincers dip the petals, one at a time, into the hot syrup putting them on a china platter to harden, then dip them in powdered sugar and dry twenty-four hours before using. These will keep any length of time if kept in a cool dry place. A small box of petals made up when roses are plentiful will give one material for many pretty cakes, and the cost is almost nothing.

RED COLORING

3 Cupfuls Chopped Beets 1 Teaspoonful Grain ~~ed~~ Alcohol

Put beets through food chopper; put into a little salt bag and squeeze out all the juice. To one-half cup of this juice add one teaspoonful grain alcohol. A few drops, more or less, will color your cake or frosting from a delicate pink to a deep rose color. It will keep indefinitely.

GREEN COLORING

½ Cupful Spinach Juice. 1 Teaspoonful Grain Alcohol.

Put spinach leaves through food chopper and put into a little salt bag and squeeze out the juice; to half a cupful of spinach juice add one teaspoonful of grain alcohol. A few drops will color cake or frosting a beautiful green. Bottle and keep tightly corked and it will keep until all is used.

SOME TEMPTING CAKES FOR PARTICULAR PEOPLE

Angel Cake.	Lady Fingers.
Almond Cake.	White Perfection Cake.
Almond Macaroons.	Christmas Fruit Cake.
Bride's Cake.	White Fruit Cake.
Heaven's Food.	Farmer's Fruit Cake.
Cocoanut Cake.	Rolled Jelly Cake.
Cream Puffs.	Date Torte.
Chocolate Eclairs.	Hermit Cakes.
Sea Foam Torte.	Surprise Torte.

The recipes of any of the above cakes, with explicit instructions of when and just how to combine the ingredients, and just how to regulate the oven for baking them, will be sent postpaid on receipt of price.

Twenty-five cents a piece, or five for a dollar.

KATHERINE FURSTENBERG,
726 Murray Ave., Milwaukee, Wis.

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